



# The Examiner

Naval Hospital Twentynine Palms

*"Serving with Pride and Professionalism"*

Volume 6, No. 3

March 1998

## OB/GYN Department One Of Best In DoD

The OB/GYN Department at the Naval Hospital recently received word that they were identified as one of six Military Treatment Facilities that provided "Best Clinical Practice" during fiscal year 1996 (October 1, 1995 to September 30, 1996).

This notification came in the form of a report by an independent civilian corporation hired to oversee quality improvement

and utilization management for OB/GYN services. The purpose for the analysis was to identify the "best practices" and communicate these practices to other Military Treatment Facilities to improve overall performance.

The importance of these studies is that the raters looked at both military and civilian performance in five TRICARE regions throughout the country. The results showed

that care practices in the MTF's providing "Best Clinical Practice" were equal or superior to civilian hospitals in the same community. The analyses were adjusted for risk status of the mother, so that the results for large referral centers could be compared to those at smaller community hospitals like Twentynine Palms. More good news in the report showed that practices at Twentynine

*See BEST on page 7*

## Two Picked for Sailor of the Year honors

In a recent ceremony held at Naval Hospital Twentynine Palms two people were named as Senior Sailor of the Year and Junior Sailor of the Year.

Those named to this honor are HM2 Kyle C. Cipra, of the Physical Therapy Department, as the Senior Sailor of the Year, and HM2 Tamara L. Marks, of the Occupational

Health/Preventive Medicine Department, as the Junior Sailor of the Year.

Petty Officer Cipra's Letter of Commendation reads in part, "Demonstrating superb managerial skills and aggressive leadership as the Leading Petty Officer, Physical Therapy Department, you were instrumental in preparing the department for the Joint Commission on Accreditation of Healthcare Organizations survey and the IG inspection. You meticulously prepared competency folders and updated the policy and procedure manual. You also personally developed procedures for the physical therapy satellite clinics at the base West Gym, Communications and Electronics School and Military Sick Call. Demonstrating strong leadership, you developed and proctored daily study sessions for the HM2 and HM3 advancement exams resulting in a 50 percent success rate within your department. Your strong support of command activities was evident with your membership on the MWR Committee, Petty Officers' Association and the Command Retention Team. You were appointed as a Command Financial Specialist, Admissions and General



HM2 Kyle C. Cipra



HM2 Tamara L. Marks

Duty Watch bill Coordinator and Navy National Apprenticeship Program Assistant Coordinator. In addition, you were intimately involved in the local community as an American Red Cross certified HIV/AIDS Instructor, active member of the local Parent Teacher Organization, Troop 78 Tiger Cubs

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**Success Story**

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*From the Desk of the XO...*

## Another Success Story

I received a wonderful e-mail this month from a Sergeant aboard MCAGCC who wanted to let me know about two of our providers who had made an enormous difference in his career and his family life.

This Sergeant is getting ready to PCS to Okinawa, and brought his family over for their overseas screening. The Sergeant's wife suffers from a syndrome that can have a variety of symptoms, but at the present time her symptoms are limited to minor peripheral vascular changes. Because of her symptoms, the Sergeant's wife was disappointed to go to Okinawa. As a result, the Sergeant would have to proceed to Okinawa without his family and would have to complete his tour unaccompanied. Both he and his wife were very upset.

Although he was told that the determination for overseas screening is made by the military medical treatment facility that would be responsible for providing care, this Sergeant was convinced that the Naval Hospital Okinawa would be able to more than adequately care for his wife if they only understood the very limited nature of her symptoms. So he asked his family's health care provider, Lieutenant Scott Moses of Family Practice, for assistance.

Lieutenant Moses consulted with Lieutenant Commander Bruch of the General Surgery Department and set up an appointment for an examination. Drs Moses and Bruch performed a series of tests and examinations and provided all the necessary information to their counterparts at the Naval Hospital in Okinawa. When the Sergeant subsequently sent a Request for Reconsideration, the providers in Okinawa had a much clearer picture of this wife's clinical status and were able to determine that they could provide all the care she would need. As a result, the family was approved for assignment in Okinawa.

The Sergeant wrote in his e-mail, "...I just wanted you to know that these two Doctors didn't have to help my family, but they did. If there was any possible way for me to commend these two Doctors I would. I feel that these two Doctors should be commended for going above the scope of their duties to help us... Without their help, I would be going to Okinawa without my family."

I promised that Sergeant that we would commend them. LCDR Bruch, LT Moses, my compliments and gratitude for doing your usual splendid job! Patients notice and



*Captain John M. Huber*

they are grateful. Shipmates, please take the time to commend and thank Drs Bruch and Moses for their actions. They make all of us look good! Bravo Zulu!

## Naval Hospital Twentynine Palms Remains A Real Patient Pleaser

*By Dan Barber  
Public Affairs Officer*

According to a recent report from Naval Hospital Twentynine Palms' Managed Care Support Department, the command enjoys a 72 percent overall TRICARE Prime enrollment figure... two times higher than the strategic goal the hospital staff set for itself nearly two years ago.

This high percentage can be attributed to an all out and on-going effort by the hospital leadership and staff to reach its eligible beneficiaries and health care providers to educate them in the benefits of the military's new health care plan.

Currently 87 percent of active duty family members at the Marine Corps Air Ground Combat Center are enrolled in TRICARE

Prime, followed with 41 percent of eligible retirees in the catchment area opting for the Prime program.

According to Mr. Eric Von Poppin, one of Naval Hospital Twentynine Palms' Health Benefits Advisors (HBA), "We go out to all units aboard the Combat Center to present to them the TRICARE program in a way that the most senior and newest Marine or Sailor will understand. In addition, because of our educational program to the senior leadership at the Combat Center about the importance of the TRICARE program, we now have in process a Combat Center Order which requires every newly reporting military member to check in through the TRICARE Service Center or at our satellite location at the Village Cen-

*See PLEASER on page 6*

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## Excerpts from Our History...

# Navy Traditions and Customs

By Commander James A. Norton, MSC, USN  
Director for Administration

In this, our fourth in a series of articles on Navy traditions and customs, I thought I would share some nautical trivia on the origins of our Navy Dungarees, a little Navy history on the use of "Gun Salutes" and some trivia on the origins of ornamental sleeve buttons. I hope you enjoy the comments about each.

### **Dungarees**

Webster defines dungaree as "a coarse kind of fabric worn by the poorer class of people and also used for tents and sail." We find it hard to picture our favorite pair of dungarees flying from the mast of a sailing ship, but in those days Sailors often made both their working clothes and hammocks out of discarded sail cloth.

The cloth used then wasn't as well woven nor was it dyed blue, but it served the purpose. Dungarees worn by the Sailors of the Continental Navy were cut directly from old sails and remained tan in color just as they had been when flying from the mast. After battles, it was the practice in both the American and British Navies for Captains to report more sail lost in battle than actually was the case so the crew would have cloth to mend their hammocks and make new clothes. Since the cloth was called dungaree, clothes made from the fabric borrowed the name.

### **Gun Salutes**

In the days of cannon, it took as long as twenty minutes to load and fire a gun. When a ship fired her guns in salute, she rendered herself powerless for the duration. By emptying their guns, the ship's crew showed shore batteries and forts that they were no threat. Over time, this gesture became a show of respect, with both shore and ship gun batteries firing volleys.

While many people like to say the 21 gun salute was a tribute to the American Revolution, a number determined as a result of adding together the numbers 1+7+7+6, the truth is the 21 gun salute was an effort to cut costs. The habit of firing salutes became wasteful, with ships and shore batteries firing shots for hours on end. This was particularly expensive for ships, which had a limited space to store powder (which went

bad quickly in the salt air). The British admiralty first dictated the policies now in place as a practical matter to save gunpowder. The rule was simple, for every volley fired by a ship in salute, a shore battery could return up to three shots. The regulations limited ships to a total of seven shots in salute, so the 21 gun-salute became the salute used to honor only the most important dignitaries.

Today, the U.S. Navy Regulations prescribe that only those ships and stations designated by the Secretary of the Navy may fire gun salutes. A national salute of 21 guns is fired on:

Washington's Birthday

Memorial Day

Independence Day

To honor the President of the United States

To honor heads of foreign states

Additionally, ships may, with approval from the office of the Secretary of the Navy, provide gun salutes for naval officers on significant occasions, using the following protocol:

Admiral -- 17 guns

Vice Admiral -- 15 guns

Rear Admiral (upper half) -- 13 guns

Rear Admiral (lower half) -- 11 guns

All gun salutes are fired at five-second intervals. Gun salutes will always total an odd number.

### **Ornamental Sleeve Buttons**

The decorative bone buttons that are today sewn on many suit jackets, sport coats and blazers began as an effort by Lord



**CDR James A. Norton, MSC, USN**

Nelson to keep young midshipmen and cabinboys from wiping their noses on their sleeves.

In the days of sail, young boys, often as young as nine years old, would sign on sailing ships as cabinboys, usually becoming midshipmen as they got older. Many, particularly on their first voyages, would become homesick, tearfully tending to their duties in their fancy gentlemen's uniform. That uniform had no pockets for a handkerchief, so the boys would, like all young boys, wipe their noses on their sleeves.

To break his cabinboys and midshipmen of this ungentelemanly habit, Lord Nelson had large brass buttons sewn on the sleeves of all midshipmen and cabinboy uniforms. The decorative value of the buttons were soon realized, and in short order, London tailors were adding decorative buttons to frocks, coats, and dinner jackets. Though the buttons have become less gaudy, the practice continues to this day.

## Advanced...



**LTJG Jennifer Bratz, flanked by her mother, daughter and (boss) Captain R.S. Kayler, Commanding Officer, Naval Hospital Twentynine Palms shows off her new shoulder boards at a recent promotion ceremony.**

## *From the Desk of the Command Master Chief...* On the History of the Hospital Corps

This month we pickup on our Hospital Corps history in the late 1800's.

17 June 1898 the Hospital Corps was established by an act of Congress. This Act provided for appointment to the warrant rank of Pharmacist, and established the following ratings: Hospital Steward(CPO), Hospital Apprentice First Class(PO3), Hospital Apprentice. In accordance with this act, the Secretary of the Navy appointed 25 senior Apothecaries as Pharmacists. These 25 are rightfully referred to as the charter members of the Hospital Corps. The dean of these was Cornelious O'Leary, who was credited at the date of appointment with almost 38 years of service as an Apothecary.

The relationship between the Hospital Corps and the U.S. Marine Corps was established in 1898 when Hospital Corpsmen were assigned to the Marine Corps Expeditionary Battalion which landed at Guantanamo Bay during the Spanish-American War.

On July 19, 1901, the Hospital Corps had it's first Medal of Honor winner: Hospital Apprentice Robert Stanley. The citation reads: "For distinguished conduct in the presence of the enemy in volunteering and carrying messages under fire at Peking, China, 12 July 1900." In August 1902, the first Hospital Corps Training School was opened at Naval Hospital, Portsmouth, Virginia for the purpose of providing uniform and systematic training for the new personnel entering the Hospital Corps. The first graduate of this class was Hospital Apprentice Max Armstrong. The graduates saw their first duty under fire with the Marines in Haiti.

An act of Congress, approved 22 August 1912, provided that Pharmacists, after 6 years from date of warrant and after satisfactorily passing prescribed examinations, should be commissioned Chief Pharmacists. In August of 1916 the Hospital Corps was reorganized by Congress to equal 3.5 per-



**HMCN (SW) Robert Bettis**

cent of the total strength of the Navy and Marine Corps and the following enlisted rating structure was created:

- Chief Pharmacist's Mates
- Pharmacist's Mate, First Class
- Pharmacist's Mate, Third Class
- Hospital Apprentice, First Class
- Hospital Apprentice, Second Class

Next month, World War I.

## *'You May Fire When You Are Ready, Gridley'*

By CAPT Uriel R. Limjoco, MC, USNR

This command from an old friend, Commodore George Dewey, assured the dying captain of the 5, 870-ton protected cruiser *Olympia*, Captain Charles Vernon Gridley, a place in American history and eventually paved the way for the independence of the Republic of the Philippines from over 400 years of brutal Spanish colonialism. Gridley was in command of the flagship of the nine-ship United States Asiatic Squadron. His first and only other combat experience was aboard the nine-gun steam sloop *Oneida* during the Civil War. As part of the Union fleet under Admiral David S. Farragut, Gridley participated in the capture of the Confederate port of Mobile, Alabama on August 5, 1864. On June 5, 1898, barely a month after Gridley's overwhelming victory on Manila Bay over Admiral Patricio Montojo's Spanish fleet during the early morning hours of May 1, 1898 where he destroyed seven enemy warships and inflicted 381 fatalities, Gridley was dead from what military physicians believed was

cancer of the liver. He was the only American naval casualty of the Spanish-American War. Gridley's sailors cried, "Remember the Maine" and "To Hell with Spain" as they fired alternating port and starboard batteries upon the anchored Spanish fleet on Manila Bay. In 1918 America honored Gridley by launching a new destroyer, the *USS Gridley*.

From February until August of this year, the U.S. Battleship Maine Centennial is being celebrated in Key West, Florida, the last port-of-call for the USS Maine before her ill-fated trip to Spanish-held Cuba. The U.S. Postal Service is "Remembering the Maine" and the Spanish-American War by issuing a commemorative stamp on February 15, 1998. Across the Pacific Ocean, the Republic of the Philippines is celebrating the centennial of its proclamation of Independence which was made by Emilio Aguinaldo on June 12, 1898. Disparate, yet closely related events. The mysterious explosion and sinking of the Battleship Maine, with the loss of 266 crewmen, while it was adrift in Havana Harbor on February 15, 1898 propelled the United States Congress to declare war

on Spain on April 25, 1898. The American naval victory on Manila Bay resulted in the American occupation of the Philippines following the provisions of the Treaty of Paris between Spain and the United States which was signed on December 10, 1898. The treaty guaranteed independence for Cuba but ceded Guam, Puerto Rico and the Philippines to the United States for twenty million dollars.

The capture of the city of Manila from Spain on August 13, 1898 by American troops was with assistance from Filipinos who believed that the United States was there to assure immediate Philippine independence. When the provisions of the peace treaty were made public, the "Philippine Insurrection" started on February 4, 1899. It ended with Aguinaldo's capture on March 23, 1901.

The first formal Philippine Independence Mission was presented to the United States Congress on February 28, 1918. Democratic U.S. President Woodrow Wilson recommended it but the republican-controlled congress paid no heed to the democrat. Several

*See FIRE on page 7*

## Chaplain's Corner...

# 'Be All You Can Be...(In The Navy)'

By Lieutenant Daniel Dudley  
Naval Hospital Chaplain

I am sure that most of you have heard over and over the Army's catchy promotion jingle "Be all that you can be." It sounds very simple, but as we all know that it is easier said than done. Striving to obtain and maintain maximum potentiality is at the core of our humanity and deeply rooted in each of our self worth.

One of Ripley's "Believe It Or Not" items pictured a plain bar of iron worth \$5. The same bar of iron made into horse shoes would be worth \$50. If it were made into needles, it would be worth \$5,000. If it were made into balance springs for fine Swiss watches, it would be worth \$500,000.

The raw material is not as important as how it is developed. We are all made of the same stuff. There is not one of us born into this world who is not saturated with potential. It has been said that a diamond is nothing more than a chunk of coal that has been pressurized. Each of us have gifts and abilities that only have value and worth once we allow them to be developed. Together we are a vast rich resource waiting to be cleansed, cut, polished, and made to glitter and shine in the light of God's glory. Once we knock off the mud and muck of our lives we become prisms that reflect and radiate God's warm rays of light.

How important is it, then, that we take the gifts and talents that God has giving us and make them all that they can be. The

key here is that if we want to reach our full potential or to "Be all that you can be" we have to present ourselves to the Creator with a trust that He will mold and shape us into valuable and precious gems. Like the iron in the hand of the metal worker or the raw mineral in the hand of the jeweler. The bible uses the analogy of the clay in the potter's hand.

You are unbelievably important! Not only to this command, and our nation, but to God's eternal Kingdom. If we are not living up to our potential we are endangering the lives of our shipmates as well as our soul mates. Are you a \$5 sailor or a \$500,000 sailor?

May God's grace empower you to be all you were created to be!

## Letters...

### *Appreciate the kind words*

Dear Captain Kayler,

This is a note of appreciation to your entire staff, but especially to Dr. Hightower and Petty Officer (Debbie) for the colonic xray procedure.

Being 73+ years old, their gentle skills and special words of comfort and encouragement were needed by me, and I am truly grateful to them.

Sincerely  
Sylvia Shelly

### *Superb professional service*

Dear Captain Kayler,

When I started this letter, I thought it would take just a minute to say thank you for the superb professional medical service I received on my appointments to the OB/GYN Clinic and during my stay in the hospital. But when I started thinking of who I wanted and needed to include in my letter, I realized how many individuals who really and a part, whether large or small, with my well-being other than just the great ole' Doc. Therefore, I would like to say with sincere pleasure, "Thank you" to Doctor Fleisher and the OB/GYN Clinic, the Operating and

Recovery Room personnel, the pharmacy staff, and the multiservice ward to include all the nurses, corpsmen and the dietitian corpsman for the utmost professional care I received whenever I had appointments and during my four-day stay in the hospital. The professionalism and eagerness shown by your staff of highly trained medical personnel was never less than outstanding.

Again, my family and I thank your staff for their commendable service always.

Sincerely  
CWO2 T.L. Garvin

## Hail and Farewell...

### **Welcome Aboard**

LT K. Bransonberry  
LTJG M. Horton  
CDR D. Gabrielson  
CDR J. Zacovic  
HM3 J. Kane  
YN2 C. Summerhill  
HM1 R. Anderson

### **Farewell**

CDR M. Miller	HN T. Edstrom
HMCS T. Gogo	HN S. Gomez
SK3 L. Byers	HM3 D. Cruz
HM1 M. Uhrig	HN M. Watkins
SK3 C. Baxter	HM1 S. Miller
HM2 R. Opiniano	HN R. Claxton

## Happy Birthday...

*The Hospital's Command Master Chief and staff members cut the first of what will be monthly birthday cakes for staff members. The birthday cakes are courtesy of the hospital's Food Services Department.*





# Healthwatch: Small changes net big results

**M**aking substitutions for unhealthy habits doesn't have to be a struggle. Sometimes all it takes is a little creative thinking and a willingness to exchange new habits for old ones. Use this information to get your mind working on the small changes you can make in your life.

Instead of...letting the dog out,  
Can you...take it for a walk?

## Indoor Air Quality

With spring approaching the heating systems will be turned off and it might be awhile before the cooling systems are turned on. In most cases, the carbon dioxide level will not exceed the allowable limit but if you are working in a closed office, symptoms might develop. Lack of sufficient fresh air and an elevated carbon dioxide level can cause fatigue, drowsiness, poor concentration, and the sensation of temperature extremes without actual temperature changes.

Virtually all of the population experiences some of the above symptoms at levels greater than 1500 parts per million (ppm) of carbon dioxide.<sup>1</sup> The maximum allowable exposure limit is dependent on the duration of exposure:

Short Term (15 min.)—>30,000 ppm  
Long Term (8 hr)—>5,000 ppm.<sup>2</sup>

Immediate relief can be taken by opening a window or door to increase the amount of fresh air. If you think you are being exposed to carbon dioxide on a repetitive basis or at high levels, please feel free to call the Industrial Hygiene Division at the Naval Hospital, extension 2001. We would be glad to come to your work location and test the air quality.

### What is Industrial Hygiene?

Industrial hygienists are occupational health professionals who are concerned primarily with the control of environmental stresses or occupational health hazards that arise as a result of, or during the course of, work.<sup>3</sup>

1 OPNAVINST 5100.23D

2 Threshold Limit Values, ACGIH

3 Fundamentals of Industrial Hygiene

Instead of...Eating lunch at your desk and immediately going back to work,

Can you...Stop for a moment to think? Get a drink of water or juice? Switch to another task? Go out for a brief walk? Take a few deep breaths?

Instead of...Letting everyday mistakes, hassles, or setbacks cause you to grind your teeth or "blow up" at a coworker,

Can you...Stop for a moment to think? Get a drink of water or juice? Switch to another task? Go for a brief walk?

Instead of...Snacking on high-fat, low-fiber foods, such as donuts or cheese puffs,

Can you...Try a piece of fresh fruit? Enjoy a bowl of unsweetened whole grain cereal? Sip a cup of vegetable barley soup? Keep a supply of carrot sticks or bell pepper strips nearby?

Instead of...Always looking for a park-

ing spot close to the front door,

Can you...Park farther away and walk?

Instead of...Watching TV for several hours while munching on sweets or salty, oily snacks,

Can you...Play an indoor sport, such as ping-pong? Catalog your collection of recordings? Catch up on correspondence? Go out dancing?

Instead of...Lighting another cigarette,

Can you...Chew a stick of gum? Call a local agency offering free classes for smokers who want to quit?

Instead of...ordering another cocktail or glass of beer,

Can you...order mineral water with lime?

Instead of...Having another cup of coffee,

Can you...Try a cup of herbal tea, hot broth or hot water with lemon?

## Pleaser...

### Continued from page 2

ter. This is done so a one-on-one counseling process can take place, and if the service member chooses, enroll his or her family into the TRICARE Prime program."

An important benefit just opened for service members and families at the Combat Center is the "Village Center" a one-stop option where people can obtain a new ID card, place an ad in the local base newspaper, sign up for a family service center program, obtain information on the TRICARE options and enroll in TRICARE Prime if they wish at the hospital's satellite HBA office.

As stated earlier, teaching doesn't include just the beneficiaries and leaders at the Combat Center. Classes are also held for health care providers at the hospital and in the Battalion Aid Stations on board the Combat Center... doctors, nurses and corpsmen. This helps the providers in giving accurate information to patients about the three TRICARE options which are available from an outside source.

Because the hospital's providers are dedicated to "doing what is right for the patient," it is rewarded by 98 percent of enrolled TRICARE Prime patients selecting the facility as their Primary Care Manager (PCM).

According to CDR James Norton, MSC,

USN, Director for Administration at Naval Hospital Twentynine Palms, "For the hospital to gain the confidence of our patients in choosing us as their PCM, we have to maintain excellent customer service, a sparkling clean hospital and be a real patient pleaser. Every staff member of the hospital, from the Commanding Officer to the most junior corpsman, strive every day to do just that. Recently, we went through a Joint Commission on the Accreditation of Healthcare Organizations survey where we scored 94 out of a possible 100. Also, the OB/GYN Department at the hospital recently received word that they were identified as one of six Military Treatment Facilities throughout the Department of Defense that provided 'Best Clinical Practice' during fiscal years 1996 and 1997. This notification came in the form of a report by an independent civilian corporation hired to oversee quality improvement and utilization management for TRICARE." (See story on page 1)

"Process Improvement is a never ending project at this command... it is of utmost importance to our TRICARE Prime program, because we have to continue to maintain patient confidence in us... Naval Hospital Twentynine Palms... in these days of medical competition."

## Best...

*Continued from page 1*

Palms earned a spot in the top 25 percent for the past two years, with performance actually improving from the 1996 to the 1997 report. The Navy fared well overall, as two other Naval Hospitals were listed among the top six that demonstrated "Best Clinical Practice."

Some categories in which Twentynine Palms scored well included having low numbers of women who received no prenatal care (0 percent), and having a large number of women who had their first prenatal visit in the first trimester (78 percent). These qualities are recognized by the American College of Obstetricians and Gynecologists as hallmarks of excellence in Obstetric care. Twentynine Palms also earned praise for high rates of vaginal deliveries (88 percent), and low rate of unscheduled Caesarean births (3.9 percent) and forceps deliveries (close to 0 percent). The hospital scored well in all of these rated areas and managed to achieve excellent mother and baby outcomes while using fewer resources than any other rated hospital.

Dr. Mary Meierhenry, Senior Medical Officer for the OB/GYN Department, is not surprised by these results. "Comparing Twentynine Palms Naval Hospital to larger civilian facilities where I have worked, I find the dedicated teamwork displayed throughout the hospital is what makes our hospital outstanding. I am proud to be providing OB

care at one of the "best" MTFs worldwide.

Commander Diane Miller, Clinic Manager and Nurse Midwife said, "Twentynine Palms has an outstanding group of providers, including Family Practice Physicians, Nurse Midwives, and Obstetricians. We have great support from the nurses and corpsmen throughout the hospital. There is a huge amount of talent and motivation to do the right thing for our patients." She was especially pleased that the report identified labor management and delivery by nurse midwives as being associated with lower outcome severity (healthier moms and babies) and lower cost for resources.

Lieutenant Commander Karen Markert, Department Head for Maternal/Infant Nursing remarked that, "I knew it all along. It is great to hear these good things from outside sources, but based on what I have observed over the past six months and from my personal experience of delivering my twins here at Twentynine Palms, I knew we deliver the best of care."

The Naval Hospital had 525 births during the study period, which was very consistent with the calendar year 1997 birth total of 524. All of the vaginal births during that period occurred in a birthing room, rather than in a conventional delivery room. The OB Clinic provides comprehensive care to both low-risk and complicated maternity patients, with very few women requiring referral for outside services. Three expert residency-trained OB/

GYN specialists and two Certified Nurse Midwives provide care for pregnant women. They are assisted by a dedicated team of residency-trained Family Physicians, many of whom are board certified. We welcome your questions and comments and pledge our continued commitment to provide the best for area obstetric patients.

## Sailors...

*Continued from page 1*

parent volunteer, and volunteer for the MCAGCC Library Summer Youth Reading Program. Professionally, you were active as an associate member of the American College of Healthcare Executives."

Petty Officer Marks' Letter of Commendation reads in part, "Throughout this year you have been an invaluable team member of the Occupational Health/Preventive Medicine Department, the Naval Hospital, and the Marine Corps Air Ground Combat Center (MCAGCC). You identified discrepancies in the Asbestos Medical Surveillance Program and personally reviewed all records to ensure required materials were present. Any missing information was identified and obtained in a timely manner. In addition, you personally coordinated monitoring efforts with the Radiology Department to ensure proper submission and return of "B-reader" x-rays. Your efforts have greatly improved this program and ensured all personnel are receiving appropriate monitoring. While assigned to the Industrial Hygiene division, you performed worksite area and personal sampling throughout the base to evaluate exposures, collecting more than 95 samples. In your position as the MCAGCC's HIV Coordinator, you have demonstrated exceptional ability as an instructor and have eagerly sought every opportunity to instruct hospital and combat center personnel. Student critique sheets regularly commented on your knowledge, teaching abilities, and willingness to ensure that each student fully understood the material. Active in command and community affairs, you have devoted numerous off-duty hours to the MCAGCC Petty Officers Association and in tutoring at local elementary and middle schools."

Congratulations!

## Fire...

*Continued from page 4*

subsequent attempts met similar fate. On March 24, 1934 the Tydings-McDuffie Law was signed by President Franklin D. Roosevelt providing a 10-year transition period under a Commonwealth and granting Philippine independence on July 4, 1946. Manuel L. Quezon became the first and only President of the Philippine Commonwealth. It was Quezon who appointed General Douglas MacArthur, Field Marshal of the Philippines, tasked with the development of a

strong Philippine Armed Forces. MacArthur brought a young aide with him, Major Dwight D. Eisenhower. The United States' victory over Japan in the Second World War assured the Filipinos' dream of independence.

As president of the Pilipino-American Association of Twentynine Palms I encourage all our members and all with special interest in Philippine-American brotherhood to join in celebrating the centennial observance of historic events tied with "You May Fire When You Are Ready, Gridley."

**St. Patrick's Day**  
**March 17th**

# Naval Hospital Hard Chargers...



*HM3 Tina Pierce of the hospital's Orthopaedic Clinic receives the coveted "Desert Rat" Certificate from Captain R.S. Kayler, Commanding Officer, Naval Hospital Twentynine Palms, upon her departure from this desert paradise.*

*SK3 Christopher Baxter, who was found to be easily amused, admires the ribbon tied around his going away gift with Captain L.E. Robinson, Director of Nursing Services at the hospital.*



*Cynthia "fast fingers" Marshall gets a big congratulations, extra money and a Certificate of Achievement from Captain R.S. Kayler, Commanding Officer, Naval Hospital Twentynine Palms, for almost singlehandedly (she really used both hands and all ten fingers) in bringing the hospital's backlogged transcriptions up to date.*